Charity Number SC047221

CHRIS MITCHELL FOUNDATION

REPORT

AND

FINANCIAL STATEMENTS

31 MARCH 2021

DICKSON MIDDLETON
CHARTERED ACCOUNTANTS
STIRLING BONNYBRIDGE AUCHTERARDER
THE UK 200 GROUP
PRACTISING CHARTERED ACCOUNTANTS

CHRIS MITCHELL FOUNDATION

YEAR ENDED 31 MARCH 2021

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CHRIS MITCHELL FOUNDATION

Report of the Trustees

Reference and Administrative Details

Charity name	Chris Mitchell Foundation
Registered number	SC047221
Registered address	1 Munro Avenue Causewayhead Stirling FK9 5RA
Trustees:	Laura Mitchell Philip Mitchell Louise Rooney Joyce Kirk Vanessa Kirk
Bankers	Bank of Scotland plc PO Box 1000 BX2 1LB
Independent examiner	Robert Taylor CA Dickson Middleton Chartered Accountants 20 Barnton Street Stirling FK8 1NE

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is a Scottish Charitable Incorporated Organisation (SCIO) which was established on 6 March 2017.

The members of the SCIO are also the trustees. Trustees are appointed from time to time by majority vote and consist of not less than 3 and not more than 9 members at any time.

OBJECTIVES AND ACTIVITIES

The charity's objectives and principal activities throughout the financial year were to promote the advancements of mental health and wellbeing in Scottish football and to raise awareness for the benefit of players, ex-players and staff connected to professional Scottish football clubs; including those clubs within the Scottish Professional Football League, the Scottish Highland League, the Scottish Lowland League, the Scottish Women's Premier League and associated youth academies.

The vision, mission and values statements for the charity are as follows:

Our Vision

Our vision is to dispel the stigma associated with mental health in Scottish professional football and for it to be integrated into physical health and fitness training programmes.

Our Mission

The Chris Mitchell Foundation will bring to the forefront the need for the awareness of mental health and wellbeing within the Scottish professional football industry, by sharing knowledge and skills and improve learning, forging cohesive and sustainable partnerships, connecting and supporting service users and campaigning to raise awareness on a national scale.

Our Values

- We convey passion
  - We have a vested interested in the cause we represent.
  - We want to support people that really need it.

- We advocate empathy
  - We are considerate of the thoughts, feelings, experiences and attitudes of others.
  - We want those who need it to feel supported and listened to.

- We value quality
  - We want to provide the right service, as well as understand and respond to individuals' needs.

- We act with integrity and transparency
  - We are open and honest in our work.
  - We share and evidence our progress.

- We respect confidentiality and are non-judgemental
  - We treat individuals with dignity and recognise their vulnerability.
  - We understand the importance of confidentiality and conduct our work accordingly.

ACHIEVEMENTS AND PERFORMANCE

The current strategic plan remains in place and as a result of the current and uncertain climate, has been extended for a further year until March 2022 and continues to set out the key aims and targets.

The key objectives of the Chris Mitchell Foundation are:

- Educating and Enabling
- Connecting and Supporting
- Engaging and Influencing
- Supporting Life After Football

Specific activities in the financial year included:

- Continued the strong working partnership with The Scottish Professional Football League Trust (SPFL Trust) and Positive Mental Health Scotland to fund the delivery of free bespoke Mental Health Awareness Training (MHAT) to club representatives from the Scottish Premier Football League (SPFL), Highland and Lowland Football League, Women's Premier League and Youth Academies.

  The aims of the training are to:
  - equip participants with the skills to provide initial support
  - prevent the problem from getting worse
  - provide participants with tools for giving comfort.

  In fulfilling these aims, participants of the training are able to meet the following objectives:
  - talk about suicide
  - recognise the signs of mental health problems
  - provide initial help and how to guide a person to appropriate help.

- Between November 2020 and May 2021, we funded the delivery of 14 MHAT courses, of which 13 took place online and one took place face-to-face at Dundee United FC.

  A total of 157 participants took part in the course, representing 104 organisations including: local authorities, football clubs, their associated community trusts and other third sector organisation connected to the football world.

  Participants came from a broad range of backgrounds including: players, coaches, chaplins, club secretaries, physiotherapists, ticketing managers and other operational staff from clubs.

- Supported a number of students and journalists with interviews focusing on the issues surrounding mental health of footballers in the professional game.

- Participated in a number of high-profile national media and newspaper and radio interviews promoting the work of the foundation and the importance of positive mental health and wellbeing.

- Engaged with a number of local secondary schools to highlight Chris' story and the work of the foundation as part of their mental health week campaigns and Youth Philanthropy Initiative Scotland.

- Sponsored Stirling Albion Junior Academy Football team, with the charity logo proudly displayed on the team, strip to help raise awareness of positive mental health and wellbeing within grassroots football.

- Invited to sit on the Scottish FA Mental Health Advisory Panel. The purpose of the panel is to provide advice and guidance on all Mental Health and Wellbeing matters to ensure that practical, strategic and operational support is sustained through the development and delivery of the Association's Football Unites; Mental Health Action Plan.

  The objectives of the Scottish FA Mental Health Advisory Panel are to support the Scottish FA in its delivery of its Mental Health Action Plan by providing opportunities for discussion and debates on possible actions to provide the best support to Scottish Football through the Mental Health Action Plan outcomes. Creation of Mental Health and Wellbeing Networks which can support the development of opportunities to support Scottish Football Act as advocates for the Scottish FA's work within Mental Health and Wellbeing in National and International settings. Serve as channels of professional advice within the areas of expertise represented on the Advisory Panel and offer fresh insights and identify new opportunities.

- To mark five years of MHAT we partnered up with the SPFLT to develop a new film about the impact of Chris' legacy: 'Mitch: What Happened Next'. The film picks up from Chris' story and explains the impact Chris' legacy has had on Scottish football through the MHAT. The film featured Chris' dad, Philip and Chris' friend and Rangers start Scott Arfield and three different training participants. Since releasing the film we have seen high levels of engagement and a 20% increase in demand for places on the course.

  Facts and Figures of 'Mitch: What Happened Next':
  - featured in 27 pieces of media coverage
  - received 400,000+ impressions
  - 12,000+ engagements
  - 92,000+ video views
  - 600+ shares

The Chris Mitchell Foundation does not receive government funding or external grant funding. We depend solely on the generosity of the public by way of private donations and fundraising at a level sufficient to meet current activity levels. Some of the fundraising activities have included:

- Leeanne Sweeney and Dougie Dewar; Grand National Sweepstake
- Karen Malcolm and Family and Friends; Edinburgh Kiltwalk
- Scott McGill; Badge Donations

Generous donations have been received from the following people/organisations:

- George Waddle
- Ayrshire Golf Association
- St. Margaret of Scotland
- Mr & Mrs Beattie
- Mr & Mrs Norris
- Ms F. MacPhie
- Allanwater Café Customers
- David McInally – Crunchie Initiative
- Susan McKenzie
- The Professional Footballers Association
- The Scottish Schools Football Association
- Grangemouth Contractors Safety Alliance
- Broxburn United
- Stephanie Napier
- Numerous other donors.

The trustees of the Chris Mitchell Foundation would like to thank all volunteers, fundraisers and those that have generously donated and supported the work of the foundation during 2020/21.

FINANCIAL REVIEW
The amount retained in Unrestricted Funds at the period end is £50,485 (2020: £63,433). The deficit for the year was £12,948 (2020: £34,942 surplus).

FUTURE PLANS
After the financial year end a further commitment totalling £15,000 was made to the SPFL Trust for the delivery of thirteen Mental Health Awareness training courses.

STATEMENT OF MANAGEMENT COMMITTEE'S RESPONSIBILITIES

The committee is responsible for preparing the Report of the Committee and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in Scotland requires the committee to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for the year. In preparing these financial statements, the committee is required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The committee is responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and the provisions of the charity's constitution. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Management Committee and signed on its behalf by:

Laura Mitchell
Trustee

13 December 2021

CHRIS MITCHELL FOUNDATION

Independent Examiner's Report to the Management Committee of CHRIS MITCHELL FOUNDATION

I report on the accounts of Chris Mitchell Foundation for the year ended 31 March 2021 which are set out on pages 8 to 11.

Respective responsibilities of Management Committee members and examiner

The Management Committee is responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The Management Committee considers that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the financial statements as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented in those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently I do not express an audit opinion on the financial statements.

Independent examiner's statement

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in any material respect the requirements:

   - to keep accounting records in accordance with Section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and

   - to prepare financial statements which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

   have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

I do not, in giving this report, accept or assume responsibility for any other purpose or to any other person to whom this report is shown or in whose hands it may come, save where expressly agreed by my prior consent in writing.

Robert Taylor CA
Dickson Middleton
Chartered Accountants
20 Barnton Street
Stirling
FK8 1NE
13 December 2021

CHRIS MITCHELL FOUNDATION
Statement of Receipts and Payments
for the year ended 31 March 2021

	Note	Unrestricted Fund 2021 £	Total Funds 2021 £	Total Funds 2020 £
Receipts				
Voluntary income				
Donations		16,315	16,315	65,497
Income from activities for generating funds				
Activities and events		-	-	3,709
Total Receipts		**16,315**	**16,315**	**69,206**
Payments				
Charitable activities				
Delivering training	5	26,787	26,787	18,793
Postage & stationery		40	40	70
Advertising & sponsorship		185	185	2,314
Website & IT costs		385	385	6,242
Sundries		9	9	470
Insurance		453	453	433
Subscriptions		-	-	358
Professional fees		1,134	1,134	543
Total Payments for Charitable activities		28,993	28,993	29,223
Fundraising costs				
Costs of events		-	-	5,446
Total Payments for Fundraising costs		-	-	5,446
Governance costs				
Professional fees		270	270	255
Total Payments for Governance costs		270	270	255
Total Payments		**29,263**	**29,263**	**34,924**
(Deficit)/ Surplus for year		**(12,948)**	**(12,948)**	**34,924**
Fund balances at 1 April 2020		**63,433**	**63,433**	**29,151**
Fund balances at 31 March 2021		**50,485**	**50,485**	**63,433**

The notes on pages 10 to 11 form part of these financial statements.

CHRIS MITCHELL FOUNDATION

Statement of Balances as at 31 March 2021

	Note	Unrestricted Fund 2021 £	Total Funds 2021 £	Total Funds 2020 £
Cash funds				
Balances brought forward		63,433	63,433	29,151
(Deficit)/ surplus on receipts and payments account	3	(12,948)	(12,948)	34,282
Cash and bank balances carried forward		50,485	50,485	63,433
TOTAL ASSETS		**50,485**	**50,485**	**63,433**
Funds				
Unrestricted Funds				
General Fund		35,485	35,485	47,283
General Fund - Designated		15,000	15,000	16,150
TOTAL FUNDS		**50,485**	**50,485**	**63,433**
Estimate of other assets				
Accrued interest		-	-	-
		-	-	-
Estimate of liabilities				
Independent examination fee		540	540	510
		540	540	510

Approved by the Management Committee on 13 December 2021 and signed on its behalf by:-

L. Mitchell

Laura Mitchell - Trustee

The notes on pages 10 to 11 form part of these financial statements.

1. Accounting policies

a) Basis of Preparation

The financial statements have been prepared in accordance with applicable accounting standards and under the historical cost convention, modified as to reflect the inclusion of income and expenditure on a receipts and payments (i.e. cash) basis, and in accordance with the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

b) Incoming Resources

All income and donations are included within receipts under either unrestricted or restricted funds according to the terms under which the income is received or the donation is made.

c) Resources Expended

Expenditure is recognised on a cash basis as payment is made.

Governance costs comprise accountancy expenses and other professional fees.

d) Funds structure

The incoming resources of the charity are from unrestricted sources and as such all funds are presented as unrestricted.

e) Depreciation

Depreciation is provided on tangible fixed assets at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life. Rates used are as follows:-

Computer equipment	33% reducing balance method

2. Funds

The nature and purpose of each fund is as follows:-

a) Unrestricted

General Fund
The purpose of this fund is to meet all legitimate expenses incurred on behalf of Chris Mitchell Foundation.

Designated Fund
The purpose of this fund is to meet the cost of delivering planned mental health training to club representatives through the SPFL Trust.

3. Cash at bank and on hand

	2021	2020
Unrestricted:	£	£
Bank Current Account	50,485	63,433
	50,485	63,433

4. Movements in funds

	Balance 01/04/20	Receipts	Payments	Transfers between funds	Depreciation charge	Balance 31/03/21
	£	£	£	£	£	£
Unrestricted	63,433	16,315	(29,263)	-	-	50,485
Restricted	-	-	-	-	-	-
	63,433	16,315	(29,263)	-	-	50,485

5. Grants paid

Included within charitable expenditure for mental health training, grants payable amounted to £26,787 (2020: £16,150). Grants were paid to Scottish Professional Football League Trust, Back Onside and to Positive Mental Health Scotland in line with the charities objectives.

6. Expenses paid to trustees

Expenses paid to the trustees in the year amounted to £490 (2020 - £504). The expenses related to reimbursement of costs paid on behalf of the Charity.

7. Trustee Remuneration

Remuneration paid to trustees in the year was £nil (2020 - £nil).